***Hummus***

1. can 15.5 oz Chick Peas (Garbanzo Beans)

½ cup Tahini (optional ) *Tahini a ground sesame seed paste*

2 garlic cloves

1/4 cup lemon juice

2 Tablespoons water ( may add more for the thickness you want)

Salt and pepper

For garnish : olive oil, parsley, paprika, black olives

1. Drain the liquid from the can of chick peas(use a strainer) Rinse with cold water
2. Place the chick peas, tahini, garlic, lemon juice, salt and pepper, and water in to a blender or food processor. Process until smooth, adding a little more water, if necessary.
3. Spoon in to your serving dish. Make a dent in the middle and pour 1 T. olive oil in to the center. Garnish with chopped fresh parsley, paprika, and olives.

***PITA CHIPS***

Pita bread

Cooking spray

Seasoning (garlic salt or seasoned salt)

Using a pizza cutter, cut pitas into triangles. Split apart.

Place on cookie sheet.

Spray lightly with cooking spray and sprinkle with seasoning.

Bake at 400 for about 15 minutes or until crisp.